



# Let's Talk Mental Health

At Curative, we get that taking care of your mental well-being is just as important as looking after your physical health. Our wellness program is designed to connect you to readily available mental health resources that address your individual needs.



## Access to \$0 therapy

Finding a therapist can be a challenge. We're here to help you find in-network therapy at zero cost to you. Whether it's a therapist, psychiatrist, or psychologist, we'll walk you through the steps to find the right care for you. To look up in-network therapists near you, visit [curative.com/providers](https://curative.com/providers)



## No-hassle meds

We can help you find an in-network pharmacy along with guidance on transferring/filling prescriptions. We'll also help ensure that your medication is working properly and can address questions on side effects or usage. Find in-network meds at [curative.com/drugs](https://curative.com/drugs)



## Support on your time

Our nurse professionals will help you stay on track with your care through one-on-one check-ins. We work around your schedule and can provide support as little or frequently as needed.

## Steps to enroll:

- Contact member services at 855-428-7284
- We'll ensure that the program aligns with your needs
- Start taking control of your well-being

## Connect with virtual therapy

As a Curative member, you can also tap into \$0 remote therapy where you'll be able to schedule appointments and connect to a therapist typically within a week\*.



For members in Texas, register for Televero by visiting [televero.com](https://televero.com)



For members outside Texas, sign up for Teladoc by visiting [teladoc.com](https://teladoc.com)



**\*Emergency?** If you find yourself in a critical situation or experiencing a crisis, please call 988 for immediate support. Members in Texas can also access to NormanMD for virtual crisis care, for outside Texas, members can use Teladoc. For more information, reach out to Member Services at 855-428-7284.

\*Every Curative member can qualify for the \$0 out-of-pocket costs for in-network care and preferred prescriptions with the completion of a Baseline Visit in the first 120 days of the plan effective date. See [curative.com](https://curative.com) to learn more. Curative Insurance Company.

\*Please note that Televero is currently only available for members in Texas.